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Social media antics can ruin careers

AMY PERRY
Army News Service

FORT LEE, Virginia — Social media is very pervasive these days.

As a new generation of Soldiers – all well-versed in the various aspects of Facebook, Instagram and Twitter – join the ranks, senior leaders across the installation are taking steps to ensure these troops realize the impact of their online chatter.

Col. Mary Beth Taylor, 23rd Quartermaster Brigade commander, and Col. Thomas Rivard, 59th Ordnance Brigade commander, both oversee organizations that are responsible for training and preparing thousands of Soldiers each year to move on to their first duty stations. Teaching the new troops about using social media responsibly is among their top priorities.

During the welcome brief at the Ordnance Campus, Rivard said his command team covers top issues with about 250 new Soldiers each week.

“I routinely discuss the use of social media and how their identity translates beyond just themselves to the entire U.S. Army,” said Rivard. “This includes making videos while in uniform, naming videos after Army units or installations, etc. I make the distinction that we lack total freedom of speech while we wear our uniform.

“My guidance to them is, that if they are identifying themselves as a Soldier – regardless of on/off duty – their post must not rise to PG-13, and never can be as bad or worse than a Miley Cyrus video/posting,” he continued. “They fully understand this example, and most find it funny.”

During Taylor’s in-brief with new quartermasters, she said her command team talks about the lifelong impacts social media can have.

“At the brigade level, we emphasize that in this profession you need to be ‘all in,’” said Taylor. “This is not a part-time job, even if you’re a guard or reserve component Soldier. Once you don the uniform, you represent the U.S. Army ... always!

“Anything you do to disgrace or discredit yourself has the same negative impact for the Army,” she said. “We explain to our newly arrived Soldiers that they are ambassadors for the Army and our unit. Those of us in the military are bound by standards of conduct. We must maintain those standards once we raise our right hand and commit to service in



U.S. Army illustration

“There are no split personalities in social media” headline runs atop a poster that is part of the Army’s effort to educate Soldiers on the use of social media.

support of our nation as a Soldier or member of the armed forces.”

As smartphones with quick access to various social media sites become more prolific, it is much more common for new Soldiers to bring those devices with them to advanced individual training, unlike 10

“None of us has the right to wear the uniform and then degrade the armed forces with an offensive video or statement in a public domain.”
— Col. Thomas Rivard, commander, 59th Ordnance Brigade

years ago when flip phones were the norm. The ease of access makes it important for commanders to teach their troops how posting can have negative consequences, said Rivard.

“I tell the Soldiers that I don’t look for their social media postings because all of

Senior advisers call for budget certainty

LISA FERDINANDO

DoD News, Defense Media Activity

WASHINGTON — The military’s senior enlisted members appeared before Congress, recently, to discuss quality of life issues and advocate for budget certainty to maintain military superiority and recruit and retain the best people.

Army Sgt. Maj. Daniel A. Dailey, Navy Master Chief Petty Officer Steven S. Giordano, Marine Sgt. Maj. Ronald L. Green, and Air Force Chief Master Sgt. Kaleth O. Wright spoke to the House Appropriations Subcommittee on Military Construction, Veterans Affairs and Related Agencies.

“If you want to continue to retain and attract quality people under the current end strength of our all-volunteer force, we must continue sustainment efforts, as was the case in last year’s Congress,” Dailey said.

Investments in service members is an investment in readiness and the future of the force, he pointed out. Providing the funding to take care of the service members and their families results in improved readiness, he and the other advisers pointed out.

“Ours is a life of hardship, and we must do what we can to manage it in order to keep our Sailors focused on their jobs, satisfied with their service and comfortable in knowing their families are stable,” Giordano said.

He said providing Sailors the ability to devote their full attention and capabilities to the mission is critical in strengthening the force and ensuring successful execution of the Navy mission.

“Ensuring the Sailors and their families are taken care of guarantees the Navy maintains maritime superiority and readiness,” he said.

Funding needed to maintain best personnel

The military will not be able to recruit and



Photo by Army Sgt. Lisa Soy

Budget certainty and investment in service members are important factors in recruiting and retaining the best all-volunteer military.

retain the best people if it is not able to offer them much in the way of incentives and improved quality of life, the senior enlisted advisers said.

“The fiscal situation over the past few years, coupled with the drawdown, has caused some of the highest quality Marines to walk away from the Corps with their families,” Green said.

“If you ask me what you can do for us as a Corps today, I would tell you fiscal certainty,” he said.

Wright expressed concerns about proposed changes to compensation, specifically in the form of basic allowance for housing, or BAH, in the fiscal year 2017 National Defense Authorization Act.

“The regressive nature of the proposed legislation effectively removes BAH as a part of regular military compensation, which could severely limit our ability to recruit and retain our Airmen,” he said.

Such a move, Wright said, would reverse nearly 20 years of legislative action that ensured service members were appropriately compensated in line with the private sector.

America does this for me,” he said. “If they post something offensive, someone will send it to a senior military leader, along with a description of why they are upset.

“The Wisconsin National Guard Soldiers who were recently suspended for posing with an empty casket (posted on Instagram by Spc. Terry Harrison, Instagram, 1st Battalion, 147th Aviation Regiment), and Pfc. Tariqka Sheffey (a quartermaster Soldier at Fort Carson, Colorado), who is being investigated following her post bragging about hiding in her car rather than saluting the flag, are great examples of the possible consequences for a Soldier’s career if their unprofessional social media posts come to the attention of their military supervisor,” said Rivard. “Once we are aware of a problem, we locate the Soldier to have them remove the posting. We’ve used the Criminal Investigation Division to track down Soldiers who have moved on to their next duty station. If appropriate, we will subject the Soldier to Uniform Code of Military Justice punishment and possible administrative action. Although we haven’t yet eliminated a Soldier from the Army for misuse of social media, it remains an option if the situation warrants this.”

Remaining professional while on and off duty – both online and off – are important to maintaining Army standards, Taylor said.

“Because we always represent the Army, and we want our actions to always reflect the goodness of the Army and our profession,” she said. “Any breakdown in self-discipline reflects the same of our Army. Once the public sees the breakdown, they wonder how widespread that particular act is throughout the Army, post or unit being represented. They also wonder where else we are breaking down.

“We all make mistakes,” she continued. “I think it is important for leaders to do whatever they can to prevent the mistakes from happening by educating our Soldiers on the impact and consequences of actions.”

It can be hard for new Soldiers to understand why their misuse of social media interests the Army at all, said Rivard.

“The fact is that it reflects poorly on their professionalism and erodes the public’s trust in the armed forces,” he said, reminding all the public holds the military in high regard.

(See the full article at www.hawaiiarmyweekly.com/2017/03/15/social-media-antics-can-ruin-careers/.)

Facebook group is against Corps values

Green addressed the controversy in which members of a private Facebook group shared explicit photographs of female Marines. Naval Criminal Investigative Service is investigating, he said.

“We absolutely denounce the actions of any Marine, presently serving, whether active reserve or veteran, that go against our Corps values of honor, courage and commitment,” Green said.

Actions that disrespect fellow Marines hurt the force and its combat effectiveness, he said.

“Such conduct tears away the very fibers of unit cohesion, our families and, most of all, the trust that sustains us on the battlefield and brings us together as a band of brothers and sisters,” Green said.

The Corps strives to ensure its people are treated with dignity and respect, he said, adding, “We’re all part of the solution or the problem.”

The commandant of the Marine Corps, Gen. Robert B. Neller, said in a video message to the force that the actions were harmful to other Marines, disrespectful and not reflective of the core values of the service.

“When I hear allegations of Marines denigrating their fellow Marines, I don’t think such behavior is that of true warriors or warfighters,” Neller said, noting the investigation is under way and changes will be made, if needed.

Voices of Ohana

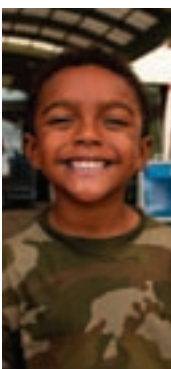
Because March 17 is St. Patrick’s Day, we wondered, “What would you want to find at the end of the rainbow?”

By Karen A. Iwamoto and Kristen Wong, Oahu Publications



“An answer to world hunger.”

Debra Casey
Concessionaire
Schofield Barracks Exchange



“Gold to buy a motorcycle.”

Isaiah Curry
Age 5



“Peace, love, goodness and the pursuit of happiness. What else would you want?”

Kelly Jean Evans
Museum technician
Tropic Lightning Museum



“A pot of money to use to plan for the future and to invest.”

1st Sgt. James Middleton
73rd Sig. Co., 25th Sust. Bde., 25th ID



“Honestly? Chocolate. Because I love chocolate – especially anything with almonds, peanuts and caramel.”

Spc. Shay San Nicholas
58th MP Co., 728th MP Bn., 8th MP Bde., 8th TSC

USARPAC bids farewell, welcome to leaders

Story and photo by
STAFF SGT. CHRISTOPHER MCCULLOUGH
U.S. Army-Pacific Public Affairs

FORT SHAFTER — Australian Army Maj. Gen. Gregory C. Bilton, outgoing deputy commanding general-North, U.S. Army-Pacific, and Australian Army Maj. Gen. Roger Noble, incoming deputy commanding general-North, in concert with U.S. Army Brig. Gen. Doug Anderson, incoming deputy commanding general-Army Reserve, were honored during a Flying “V” ceremony held at historic Palm Circle, here, Tuesday.

The Flying “V” ceremony traditionally welcomes or honors senior Army officials when they assume duties or depart from USARPAC. The “V” refers to the way the colors are posted during the ceremony, which is V-shaped.

USARPAC’s subordinate and theater-enabling commands were represented on the parade field by Soldiers bearing the organizational colors and command teams.

The USARPAC commanding general, Gen. Robert B. Brown, officiated the ceremony and addressed Bilton’s importance to USARPAC and the impact he has had on the command.

Bilton prepares to depart USARPAC, after 28-months of distinguished service. He will assume the duties of deputy chief

of Joint Operations, Australian Headquarters Joint Operations Command, near Kowen, Australian Capital Territory.

“During his tenure as USARPAC’s deputy commanding general-North, he’s had a tremendous impact,” said Brown. “It sends a powerful signal of the strength of our bilateral alliance when you can dispatch an Australian general officer to speak on behalf of the U.S. Army to allies and partners throughout the region.”

(When he returns to Australia,) “he’ll be deputy of the Joint Operations Command under Vice Admiral Johnston,” Brown said. “The cool thing about that is, he’ll continue to work with (Pacific Command) and us, so we’ll see him around, and we’re glad for that.”

Brown finished up by thanking Bilton for his contributions to USARPAC and expressed how he felt one of the best decisions ever made in USARPAC’s history was to have someone from Australia assigned as deputy commanding general.

Bilton expressed that it was a great honor to have served under Brown, and how proud he was to have contributed to its work across the Indo-Asia-Pacific Theater during his tenure at USARPAC.

“It’s been a privilege to serve here in the United States Army Pacific, and we will treasure our memories,” said Bilton.

Brown also recognized the arrival of Bilton’s replacement, Maj. Gen. Roger



(From left to right,) the USARPAC CG, Gen. Robert B. Brown; Australian Army Maj. Gen. Gregory C. Bilton, outgoing deputy CG-North, USARPAC; Australian Army Maj. Gen. Roger Noble, incoming deputy CG-North; and Brig. Gen. Doug Anderson, incoming deputy CG-Army Reserve, salute the American flag during the playing of the national anthem at the Flying V.

Noble, who is coming to USARPAC from the 101st Airborne Division where he deployed to the Middle East as the deputy commanding general, Coalition Joint Forces Land Component Command, during Operation Inherent Resolve in Iraq.

“Roger continues the quickly emerging tradition of Australia sending their best Army officers to serve as USARPAC deputy commanding generals be-

fore continuing on to even higher commands,” Brown said.

Noble, in turn, stated, “There is no doubt that the Australian defense force deeply respects and appreciates the decision of the United States to let an Australian fill this post.”

(See the full article at www.hawaiiarmyweekly.com/2017/03/15/usarpac-bids-farewell-to-bilton-welcomes-noble-anderson/.)

Clinic gets latest LPD from retired major general

1ST LT. JASON KILGORE
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — Col. Deydre Teyhen, commander of the U.S. Army Health Clinic at Schofield Barracks (USAHC-SB), hosted retired Maj. Gen. David Rubenstein, a Fellow of the American College of Healthcare Executives, to discuss the importance of an organization’s mission, vision and values with the USAHC-SB staff.

The major general also spent time with senior leaders talking about leadership, mentorship and coaching.

Rubenstein gave the audience great advice that led him to higher levels within the Army.

“Good leaders describe an end state

and let good people go to work,” he explained.

He humbly attributed his success to the Soldiers he had previously served with, giving the credit to his “good people.”

“Serving under Rubenstein, to have him as a mentor, was truly a blessing. He consistently led by example and assumed risk to allow Soldiers to train at a higher level than before,” said Teyhen, once a subordinate of Rubenstein. “This allowed us to go above and beyond expectations and continue to improve our quality of care.”

Teyhen remembers that Rubenstein always welcomed new, creative and unique training opportunities. He once signed off on the risk management form allowing a CH 47 to sling load its maximum capacity,

a request that previous commanders had denied.

During his discussion with the entire staff, he mainly focused on prioritizing the organization’s mission, vision and values, and explained how they are supported by personal mission, vision and values.

“To meet the many challenges that we face, we as leaders, must lead others to achieving the organization’s mission, vision and values,” Rubenstein stated.

Three tenants are vital in the success of any mission, he said. Without good leadership, and the ability to motivate one’s subordinates to become “good people,” the mission is destined to fail.

Rubenstein ended his discussion with a final thought on being a leader: “To lead

others, a leader must lead one’s self.”

Rubenstein was the commanding general of the U.S. Army Medical Department Center and School and, concurrently, the chief of the U.S. Army Medical Service Corps. His previous positions were the Army Deputy Surgeon General, and before that, the commanding general of Europe Regional Medical Command and command surgeon for the U.S. Army Europe and the 7th Army.

His commands included the 30th Medical Brigade; Landstuhl Regional Medical Center; 21st Combat Support Hospital, Task Force Med Eagle (while deployed to Bosnia and Herzegovina); 18th Surgical Hospital (MASH); and Headquarters Company, 307th Medical Battalion (Airborne), 82nd Airborne Division.

RHC-P leads facilitation of NIMS workshop at MEDCOM

EMILY YEHL

Regional Health Command-Pacific Public Affairs

HONOLULU — Regional Health Command-Pacific, or RHC-P, carries on its tradition of excellence by being the first organization in the active Army to independently, without on-site assistance from the Center for the Army Profession and Ethics (CAPE) and Army Research Institute (ARI), to implement the “Not in My Squad” (NIMS) workshop.

RHC-P’s regional program manager, Master Sgt. Kevin Edmondson, also met another significant milestone recently. He was the lead facilitator during the Army Medicine (AMEDD) level workshop. Edmondson, along with RHC-P facilitators, worked alongside Sgt. Maj. Wendell Mullen, AMEDD’s SHARP program manager, who led the workshop.

“When I first participated in the NIMS workshop in 2016, I had no idea

it would grow into the accomplishment it has become for the region,” stated Edmondson, RHC-P’s SHARP program manager. “After assisting with the facilitation of a NIMS workshop for the 25th Infantry Division, myself and RHC-P’s leadership team saw the benefits of bringing the NIMS program to all direct reporting units in the region.”

The mission of the NIMS workshop is to help junior NCOs assess the state of mutual trust and cohesion within their squads and teams, as well as gain situational understanding in an effort to build and improve dignity, respect and inclusion.

“The workshop allows NCOs an opportunity to talk about the challenges they face while building and maintaining a positive climate on their teams and squads,” explained Edmondson.

Participants gathered from nearly every geographical location in the

Army. In attendance at the workshop session that took place March 1-3, in San Antonio, Texas, were 28 NCOs in the rank of sergeant through sergeant first class, from several different military occupational specialties (MOS).

Edmondson’s team of RHC-P assigned facilitators included Master Sgt. Teresa Wilson-Mitchell, Sgt. 1st Class Kristen Stall, Staff Sgt. India Marquez, Staff Sgt. Dawn Irvine and Staff Sgt. Trisha Ronk. The team of facilitators was chosen because of their previous experience and participation with the NIMS workshop.

During the three-day workshop, participants discussed topics ranging from the role of squad leaders in building unit climate; how leaders build and maintain positive climates; and building an Army-wide culture of dignity, respect, inclusion and trust.

NIMS participants also worked collaboratively to provide command

level leadership feedback from the group discussions, so they can impact change when and where feasible.

As Edmondson reflected on his role he reflected on his personal goals as a Soldier, too.

“For years, growing up in the Army, I always heard and often said, if I ever get to a rank where I can influence change, I will,” said Edmondson. “This workshop empowers the most junior NCOs to implement change. They no longer need to reach the rank of sergeant major or be a command sergeant major to do so. This is their opportunity to shape the Army, and Army Medicine, for years to come.”

Edmondson and his team will continue conducting the NIMS workshops around the region at Joint Base Lewis-McChord, Washington, and Fort Wainwright, Alaska, in March and at Camp Zama, Japan, and U.S. Army Garrison-Yongsan in June.

DoD implements expanded drug testing for military applicants

LISA FERDINANDO

DoD News, Defense Media Activity

WASHINGTON — Drug testing for all applicants for military service is expanding to include the same 26-drug panel used for active military members, the Defense Department’s director of drug testing and program policy has said.

The change, effective April 3, is due to the level of illicit and prescription medication abuse among civilians, as well as the increase in heroin and synthetic drug use within the civilian population, Army Col. Tom Martin explained.

Currently, military applicants are tested for marijuana; cocaine; amphetamines, including methamphetamine; and designer amphetamines, such as MDMA – also known as “Molly” or “Ecstasy” – and MDA, also known as “Adam,” he said.

The expanded testing will include those drugs as well as heroin, codeine, morphine, hydrocodone, oxycodone, hydromorphone, oxymorphone, and a number of synthetic cannabinoids and benzodiazepine sedatives, Martin said.

The new standards apply to all military applicants, including recruits entering through military entrance processing stations, as well as appointees to the service

academies, incoming members of the ROTC, and officer candidates undergoing initial training in an enlisted status.

Ensuring the best enter military

With drug use incompatible with military service, the expanded testing is meant to ensure readiness by admitting

only the most qualified people, Martin said. Incoming service members will be held to the same standards as current military members, who are subject to random drug testing up to three times a year, he added.

“Military applicants currently are tested on a small subset of drugs that military

members are tested on,” Martin said. “Applicants need to be aware of the standard we hold our service members to when they join the service.”

About 279,400 applicants are processed for entry into military service each year, with roughly 2,400 of them testing positive for drugs, Martin said. Data indicates that about 450 additional people will test positive using the expanded testing, he said.

Policy details

The updated policy allows applicants who test positive to reapply after 90 days, if the particular service allows it, Martin said. Any individual who tests positive on the second test is permanently disqualified from military service, he said, but he noted that the services have the discretion to apply stricter measures and can disqualify someone after one positive test.

Current policy allows for different standards for reapplication depending on the type of drug, Martin said. The updated policy is universal and allows only one opportunity to reapply for military service regardless of drug type, he said.

The update to Department of Defense Instruction 1010.16 was published Feb. 27.



Photo by David Vergun

Army Maj. Gen. Bruce T. Crawford (left), commander, U.S. Army Communications-Electronics Command, performs a ceremonial swearing-in of Delayed Entry Program enlistees at Aberdeen Proving Ground, Maryland.

‘Warfighters’ strengthen Army’s backbone

Story and photos by
STAFF SGT. TARESHA HILL
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — It is the first milestone in the career of an enlisted Soldier. It is steeped in tradition and the only ceremony that honors the noncommissioned officer (NCO): the NCO Induction Ceremony.

Soldiers from the 728th Military Police Battalion, “Warfighters,” and 303rd Ordnance Disposal Bn. (EOD), “Forged in Fire,” 8th MP Brigade, 8th Theater Sustainment Command, accomplished that first milestone and participated in an NCO Induction Ceremony, here, March 3, at Sgt. Smith Theater.

The lights were dimmed and only the stage was illuminated as 30 inductees sat in their seats at the position of attention, waiting patiently for the honor to be called to stand beneath the wooden archway that read, “NCOs Lead the Way,” and to officially sign their name upon the Charge of the NCO.

Warfighters Command Sgt. Maj. Shelly Marlowe, host of the ceremony, has participated in many NCO induction ceremonies throughout the course of her career, and she said she wanted the inductees to feel a sense of pride and to appreciate the history involved with the ceremony.

“I want them to understand how important it is to be inducted into the Corps of the Noncommissioned Officers,” said Marlowe, “to show them what right looks like and to teach them about our traditions because this is a tradition that can be easily lost.”

Participating in an NCO induction ceremony allows for a junior NCO to symbolically cross the line of passage from Soldier into the NCO Corps. However, there are some NCOs who have never experienced such a time-honored tradition.

“I’m a little embarrassed to admit it, but I have never been to an NCO induc-

tion ceremony,” said Sgt. Maj. Michael Smith, operations NCO and guest speaker of the event, with 2nd Bn., 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Inf. Division. “I am truly honored to be a part of yours.”

Smith imparted his advice based on his own experiences as an NCO, encouraging the inductees to emulate the “Creed of the Noncommissioned Officer,” to be a leader their Soldiers can look up to, and to realize it is the NCO who works for the Soldier and not the Soldier who works for the NCO.

“You work for your Soldiers, not the other way around,” said Smith. “Share in the hardships and lead them from the front.”

He stressed, “A sergeant is a servant. We are servants.”

Smith’s words of wisdom resonated deeply with U.S. Army Soldier of the Year and inductee, Sgt. Robert Miller, 74th OD Company (EOD), 303rd OD Bn. (EOD), who said he absolutely agreed with Smith and his belief that NCOs are servants.

“If every day you are not coming to work and doing something for someone else, you need to do some self-reflecting. This is not a ‘me’ Army; it’s a ‘we’ Army,” said Miller.

Smith also stressed the importance of maintaining one’s integrity and said to always guard against losing it.

“No one can take your integrity away; you have to give that away. And once you do, you will never get it back. You’ll never be trusted by those seniors, peers and subordinates and you may never again gain their confidence,” said Smith.

After each of the 30 inductees marched onto the stage and signed their name to The Charge of the NCO, the ceremony



NCO inductees recite the “Charge of the NCO” during their NCO Induction Ceremony hosted by 728th MP Bn. and 303rd OD Bn. (EOD), 8th MP Bde., 8th TSC, March 3, at Sgt. Smith Theater.

concluded with “A Soldier’s Request.”

With the mantle of leadership fully upon their shoulders, one newly induct-

ed NCO stood before his Soldier as the Soldier asked, “Sergeant, train me that I too can earn the title sergeant.”



Soldiers who are dressed in time-period uniforms represent battles from past to present during the NCO Induction Ceremony, March 3, at Sgt. Smith Theater.

8th TSC honors civilians of the quarter for excellent service

SGT. JON HEINRICH
8th Theater Sustainment Command
Public Affairs

SCHOFIELD BARRACKS — U.S. Army Hawaii held a ceremony honoring the Civilian of the Quarter (COQ) and Civilian of the Year (COY) awardees, March 8, at the Post Conference Room, here.

The COQ and the COY programs create interest and stimulate a healthy competitive spirit among Department of the Army civilians while providing suitable recognition and reward for individuals who possess superior work performance.

Out of five civilians awarded, three were from the 8th Theater Sustainment Command: Clyde Rockett, a safety spe-

cialist with 130th Engineer Brigade, 8th TSC; Jerry Pasamonte, a budget analyst with the 8th TSC’s G8; and Yanyan Huang, an inventory management specialist with 8th TSC’s Support Operations Munitions Section.

“I’m surprised yet very proud,” Huang said, “but honestly, it is already a great honor just to be nominated. I really appreciate that my leadership took the time to recognize us.”

Rockett was awarded the Civilian of the Quarter for his work with the U.S. Army Combat Readiness Center, Directorate of Public Works and with his brigade’s subordinate units in creating a safer environment within the brigade’s footprint and in

the field.

Pasamonte was awarded the Civilian of the Quarter for developing training programs in the areas of the Government Travel Charge Card and Defense Travel System for personnel within the 8th TSC and scheduling sessions around the needs of customers at both Schofield Barracks and Fort Shafter.

Huang was awarded the Civilian of the Quarter and Civilian of the Year for leading a small team in analyzing thousands of lines of Class V (Ammunition) requirements for U.S. Army-Pacific units. She was also awarded for leading a team at the Missile Distribution Planning Conference for

the 8th TSC and saving hundreds of thousands of dollars in transportation cost avoidance.

“It’s humbling to be recognized as such, but this award accompanies responsibilities to work harder and continue supporting the Army’s mission,” Pasamonte said. “The award gives me a confirmation that I comply with fiscal regulation, laws, policies and guidance as a budget analyst.”

“I think most of us are and will continue to do the job regardless; the award just solidifies it,” Huang said. “By publicly recognizing the civilian workforce, it will encourage an even more positive and productive workforce.”

Civic Action Team builds international bonds

CAT returns from its six-month mission in Palau

1ST LT. JOHN D. HOWARD
84th Engineer Battalion
130th Eng. Brigade
8th Theater Sustainment Command

PALAU — Twelve Soldiers from the Civic Action Team (CAT) Palau, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command, re-deployed in February after a six-month, joint-rotational mission demonstrating the U.S. continued support and partnership with the Republic of Palau.

Palau is located in the Micronesian region and made up of 500 islands, consisting of 16 states.

The U.S. and Palau are connected by the Compact of Free Association, an agreement, which leads the nations to cooperate on a broad range of issues, including strengthening regional security, promoting sustainable development and improving infrastructure.

Welcomed by family members and 130th Eng. Bde. teammates, the return marks the completion of a deployment dedicated to strengthening relationships with the people of Palau.

The highlights of their deployment included nine major construction projects, including road repair and infrastructure improvement; completion of 43 smaller projects, known as technical assists, impacting more than 4,000 residents in Palau; contributing over 1,300 hours of community service over the course of the deployment, supporting local fitness events and schools; and treating more than 500 patients through various medical outreach events.

“Command Sgt. Maj. Ortega and I commend the great work the Soldiers have done during their rotation in Palau,” said Lt. Col. Michael A. Busby, commander, 84th Eng. Bn. “We are extremely proud of their service and how well they represented our organization.”

The CAT Apprenticeship Program provided a unique opportunity to both transfer practical skills and make meaningful relationships in the community. Soldiers led apprentices in various trades, graduating four apprentices in electrical, administration and equipment operation fields. The mission demonstrated



Photo by U.S. Army

Engineers from CAT 84-04 use a concrete saw to replace the waste-lines in the restroom at Camp Katuu, Palau.

diverse capabilities engineers provide in strengthening international relationships.

“One of the team’s most personal and notable construction projects was ‘Buddy’s Memorial at Radar Hill,’ a new World War II memorial to honor the fallen hero Samuel Sylvester ‘Buddy’ Blair of 321st Infantry, 81st Inf. Division,” said 1st Lt. Breawna Davis, the team’s officer in charge.

“A team of five of our engineers and two apprentices made the 55-mile journey across the sea to the southern island of Peleliu, Palau, to construct the memorial. It was formally presented at a ribbon cutting ceremony on Veterans Day 2016 to commemorate the U.S. and Palau shared history and commitment to service,” he explained.

The CAT invested in the future of the mission by completing multiple projects.

(See the full article at www.hawaiiarmyweekly.com/2017/03/14/civic-action-team-palau-strengthens-international-bond/.)



Photo by Staff Sgt. John C Garver, 8th Theater Sustainment Command Public Affairs

Sgt. 1st Class Jassen A. Marquez reads to children at the Belau Public Library every week as part of CAT Palau’s community outreach program conducted from August 2016 to February 2017.



28 / Monday

HSO — The Schofield Barracks Housing Service Office will not conduct a “departure” brief on March 28 due to an official Directorate of Public Works function. HSO will resume a normal “arrival” briefing at 9 a.m. on March 28.

Level K Military Knowledge — A two-day class (second class is at same time and place on Monday, March 28) focuses on military and Army programs. It will go over acronyms, community resources and personal and family preparedness, 9 a.m.-1 p.m., at Schofield Barracks NCO Academy.

April

21 / Friday

Volunteer Recognition — The 2017 U.S. Army Hawaii Volunteer Recognition Ceremony will be held April 21. Don’t miss the chance to nominate your organization’s volunteers to be recognized at this event. Information and nomination forms can be found at <https://hawaii.armymwr.com/pacific/hawaii/programs/army-volunteer-corps>.

Ongoing

USARPAC Survey — The U.S. Army-Pacific Inspector General’s Office would like to afford all leaders and Department of the Army civilians assigned to USARPAC the opportunity to participate

in the Army Leader Development inspection. If you are an E5 and above or GS-8 and above, please complete a confidential 1-2 minute survey at <https://pacweb.hawaii.army.mil/ALDPSurvey>.

Use your email credentials from a CAC enabled computer to log on. The survey is available through April 15.

CRGs — What are Community Resource Guides? Well, they’re one-stop shopping for Soldiers, civilians, family members and retirees. They’re a comprehensive inventory of programs and services in the medical, mission and garrison organizations.

Plus, the CRG is searchable, interactive, web-based and mobile-friendly. See what it is

about at <https://www.garrison.hawaii.army.mil>.

Visit <https://crg.amedd.army.mil> and <https://www.army.mil/article/181188/> for more details.

Tax Center — The Schofield Barracks Tax Center is now opens for authorized patrons. Hours of operation follow:

- Monday, Tuesday, Wednesday, Friday at 10 a.m.-noon and 1-4 p.m.
- Thursday at 1-4 p.m.
- Saturday at 10 a.m.-noon and 1-3 p.m.

The Tax Center is located in Trailer 1, Grimes Street (across from Hamilton Field). Appointments are recommended; call 655-1040. Walk-ins are permitted on Tuesdays and Thursdays.



March

20 / Monday

Waipahu — Pruning of a 65-foot tall Monkeypod tree will require the complete closure of a portion of Waipahu Street starting March 27.

The pruning is scheduled to begin Monday, March 20, and will be conducted from 8:30 a.m.-3:30 p.m. It is estimated that crews will require the closure for two to three days.

Beginning March

20, electronic message boards will be posted notifying motorists of the closure and detour routes.

There is a stop for TheBus Route #81 located within the closed area, but that schedule will not be impacted because of the express route timing.

The Monkeypod tree fronting 94-1053 Waipahu Street is in need of extensive pruning, requiring the use of a crane, refuse trucks, chippers and other heavy machinery.

The complete road closure ensures the safety of the crews and public while enabling work to be executed at a much quicker pace.

The tree pruning work was scheduled to coincide with the Department of Education’s Spring Break in an effort to minimize disruption to traffic.

30 / Thursday
Half of Generals Loop, Charlton & Jecelin Streets, B Quad Outage — The locations listed will be without power on Thursday, March 30, from 7:30 a.m.-3 p.m.

Other locations could be impacted and the scheduled outage may require more time, dependent upon field conditions.

The outage is required to support a B Quad renovation project.

94th AAMDC pursues growth of its leaders

In Part 1 of 2, NCOs experience Radar Hill, induction ceremony

Story and photos by
SGT. KIMBERLY K. MENZIES
94th Army Air and Missile Defense Command Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Leaders with the 94th Army Air and Missile Defense Command, U.S. Army-Pacific, participated in Command Sgt. Maj. John W. Foley’s Leader Professional Development (LPD) Week in February.

The week was planned as a way to emphasize leader development and to encourage employing different techniques to effectively develop leaders at all levels.

“Readiness is the No. 1 priority of the Army, and when you talk about readiness, you really can’t have ready units (ready Soldiers) without properly developed leaders and Soldiers,” said Foley, the command sergeant major of the 94th AAMDC. “Technology will only take you so far. It is your people, your Soldiers, that really make the advances for our Army and our nation.”

Many times the emphasis of leader development is demonstrated through a single event. Foley considers it an unrelenting plan.

“Leader development is a continuous strategy, really a daily thing – whether you do it formally through NCO (noncommissioned officer) inductions, ceremonies, classes, vignettes or in an informal manner,” expressed Foley.

During the four days, leaders in the unit conducted and participated in informal and formal leader development events across all ranks and military occupational specialties.

“I like to conduct LPDs that combine the officers, warrant officers and NCOs,” shared Foley. “I think it is more powerful than doing an independent, stove-pipe session. Let’s face it, when you do an NCODP, no one else knows what we are doing. When we incorporate everyone, not only is that ambiguity eliminated, but you are also all learning from each other.”

The informal portion of the week was conducted through conversation and shared military experience. The formal portion of the week consisted of a physical activity event, an NCO induction ceremony and a staff ride.

“The vision was to do something in the physical domain – some (physical readiness training) that would challenge most leaders and NCOs, to do something to recognize newly promoted NCOs and to incorporate a portion where we learned about our local military history here, where we came from and how that translates to what we do in the unit today,” said Foley.

Strenuous physical activity

For the physical activity event, NCOs and promotable specialists conducted an early morning run up Radar Hill at Fort Shafter. The run, which began prior to sunrise, initially had to be illuminated by ChemLights to prevent possible injuries due to limited visibility.

“After conducting preparatory drills, we ran a few miles on Radar Hill,” said Sgt. Geysi Johnson, the property book office NCO with 94th AAMDC. “It definitely was not what I would call easy. It was my first time on Radar Hill, and when I turned the corner on the road to start on the trail, I looked up, saw the incline lit up with ChemLights, and I swear my legs groaned. ... To have accomplished running that hill felt great.”

NCO induction

The second formal element of Foley’s LPD week was an NCO induction ceremony to recognize several of the newly promoted NCOs within the unit.

An NCO induction ceremony is a historical rite of passage for enlisted leaders where the new inductees sign and accept the NCO Charge, heed the Soldiers’ Request and are bequeathed their leadership duties and responsibilities.

“Inducting NCOs into the NCO Corps is important to celebrate their accomplishment while emphasizing their duties and responsibilities,” said Master Sgt. Ronald Quinata, the current operations NCOIC with the 94th AAMDC. “Advancing by becoming an NCO in the Army is a milestone that needs to be celebrated.”

According to Quinata, being an effective NCO is more than receiving an increase in pay and having the ability to give orders to Soldiers. He believes NCOs have a responsibility to take care of Soldiers and their families. A good NCO will mentor Soldiers and NCOs to become leaders.

“Ceremonies like this serve as a reminder of the weight and importance of the NCO Corps,” said Quinata. “The duties and scope of being an NCO need to be truly understood so that leaders continue to develop their subordinates to be better than they are.”

“Becoming an NCO was one of my main goals when I decided to enlist in the United States Army,” said Sgt. Nathan Thompson, an inductee and the all source production NCOIC with the 94th AAMDC. “My feelings about being able to fulfill that goal cannot be accurately described with words.

“Capable and competent NCOs are what allow the

Right — Command Sgt. Maj. John W. Foley (center), senior enlisted adviser, 94th AAMDC, USARPAC, speaks to enlisted leaders about the importance of physical fitness and how it affects the Army mission following an early morning run on Radar Hill at Fort Shafter.

Army to be the best Army in the world. Our guidance and leadership are required to ensure mission success, and I am honored to be part of the backbone of this organization and to accept all the responsibilities that are essential to that role,” said Thompson.



Noncommissioned officers give the NCO Charge at the Missing Man Formation Memorial at Joint Base Pearl Harbor-Hickam. It was administered by Command Sgt. Maj. John W. Foley, senior enlisted adviser, 94th AAMDC, USARPAC.



March 17, 2017

Sgt. Desiderio Bennett (green belt) and Pfc. Joshua Arthur, both motor transport operators assigned to 2nd Bn., 27th Inf. Regt., 3rd BCT, 25th ID, demonstrate the “huli chicken” with fifth grade students at Leilehua High School in Wahiawa, March 10.

‘Fitness Fun Day’ brings together community

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WAHIAWA — Cheers erupted from the elementary school students at various physical fitness stations for Fitness Fun Day inside the Hugh Yoshida Stadium at Leilehua High School, here, on March 10.

More than 600 fifth graders from seven elementary schools within the Hawaii State Department of Education’s Leilehua Complex participated in the annual event.

“We have our military partners from Schofield Barracks to come and help the children to make sure that they get to their different groups, to make sure that they’re doing OK, to make sure that they’re staying hydrated and just have a fun day for everyone here,” said Linda Willoughby, a parent community network coordinator for Leilehua High School.

Twenty-six Soldiers assigned to 2nd Battalion, 27th Infantry Regiment, “Wolfhounds,” 3rd Brigade Combat Team, 25th Infantry Division, lent a hand to local members of the community.

“We do try to have the Soldiers as long as they’re here come and help every year,” Willoughby said. “It’s just a fun day for everyone. Those are our military partners; they are usually the first ones we call.”

The Wolfhounds helped at a number of stations, such as those for situps, curl-ups, drumlins and balloon tosses; they



Sgt. Fabian Rodriguez (left) and Sgt. Terry Arzaga, both assigned to 2nd Bn., 27th Inf. Regt., 3rd BCT, 25th ID, demonstrate the “jump for heart” event at Leilehua High School in Wahiawa, March 10.

also helped to set up and tear down the stations.

Sgt. 1st Class Daniel Candelario, a platoon sergeant assigned to Company H, 2-27th Inf. Regt., said the Soldiers were there to promote fitness and improve students’ understanding of military exercises.

“I think it’s a great opportunity for us to get out and help volunteer throughout the community,” Candelario said.

The Soldiers interacted with the children for nearly three hours. They

showed them how to perform proper pushups and situps, and how to perfect their running stances.

The curious children asked questions about Army life, which the Wolfhounds eagerly answered.

“There were a couple of kids that met us and asked about the Army and the kind of physical fitness that we do,” said Spc. Ramesh Poudel, a native of Lake Charles, Louisiana, and a wheeled-vehicle mechanic assigned to Co. H, 2-27th Inf. Regt. “We explained the exercises we did and gave them some



Pfc. Matthew Small, a motor transport operator assigned to 2nd Bn., 27th Inf. Regt., 3rd BCT, 25th ID, resets the bend and reach marker.

good advice.”

Poudel said he helped at the bend-and-reach station and had fun with the children.

By noon, the fifth graders and Soldiers bid each other a goodbye with lots of fond memories of Fitness Fun Day 2017.

“I think it was a great opportunity for everyone,” Willoughby said. “I think it brought the military and community together, as we should as one ohana.”

3BCT ‘Raiders’ complete their Spur Ride at North Shore

Story and photos by
STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

WAIMEA BAY — More than 80 Soldiers assigned to 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, finished their 12-mile ruck march, here, from Kahuku Training Area (KTA), to complete the physical and tactical aspects of the Spur Ride, on March 9.

“The purpose of the Spur Ride essentially dates back to history where cavalry troopers on their steeds would have to earn their spurs,” said 1st Lt. Matthew Hoch, assistant operations officer assigned to 3-4th Cav. Regt.

Before a trooper could receive his spurs, he had to shave the tail of his horse, and by the time the tail grew back, the trooper would have gained confidence on his cavalry skills, Hoch said.

“It was a rite of passage that you had to prove your worth, prove your cavalry knowledge, to earn your spurs,” he said. “The tradition continues today with the use of HUMVEES and other combat vehicles.”

Out of 141 Soldiers who attempted to meet the prerequisites, only 85 met the standards to participate in the historically important Spur Ride, he said. The Soldiers represented each troop within the squadron, and those who participated comprised seven teams of 11 or 12



Soldiers assigned to 3rd Sqdn., 4th Cav. Regt., 3rd BCT, 25th ID, stand before a “Spur Ride” board after completing a 12-mile ruck march at Waimea Bay Beach Park, March 9.

Soldiers.

The Soldiers completed a 25-question written exam covering everything from basic reconnaissance tasks to the history of the squadron, and then performed a layout on their gear before leaving for East Range to complete 12 obstacles.

After completing the obstacles, a

CH-47 Chinook transported the Soldiers from East Range to KTA to perform seven execution lanes, which took 90 minutes each to complete.

During the execution lanes, Staff Sgt. Jonathan Guerra, a native of Rosenberg, Texas, and a section sergeant assigned to Apache Troop, 3-4th Cav. Regt., found

that as a seasoned and experienced non-commissioned officer he had to avoid taking charge too much.

“I allowed the lower enlisted Soldiers to learn and build,” Guerra said. “I kind of stayed back, but not too far, so I could see how they were doing things. I wanted to step in, but overall, I think my team did well.”

One task that Guerra had to take on was keeping a bright pink giraffe safe during the Spur Ride.

“My fellow NCOs in my platoon who are spur holders had me take care of it,” he said, “so it was my battle buddy that went everywhere I went. It’s my motivational item to finish with me.”

For 2nd Lt. Lisa Gallardo, a native of San Antonio, Texas, and maintenance control officer and maintenance platoon leader, Dakota Troop, 3-4th Cav. Regt., she was glad to be given the opportunity to be part of the Spur Ride.

“I learned a lot during the Spur Ride,” Gallardo said. “I’m a logistician ordnance officer, and Dakota Troop supports all of the combat line troops, and I got to see the other side of the coin.”

She said she wasn’t used to seeing the difficulties cavalry scouts and infantrymen faced on a regular basis.

“It certainly was fun,” she said. “I think that more Soldiers that aren’t combat arms, if they’re in a cavalry squadron, they should do a Spur Ride. It’ll change your mindset.”



17 / Friday
NOAA Whale Count — Register now through March 22 for the count. Bring binoculars, sunscreen, a chair, drinks and snacks to SB Outdoor Recreation Center for this eye-opening adventure from 7 a.m.-12:30 p.m. for \$10 per person. Call 655-0143.

Kick Butts Day — A 2K Fun Run will be held at AMR Community Center at 7 a.m. Run is a part of the #iKickButts campaign designed to help kids and teens make smart choices about peer pressure and using tobacco products. Event is free to the military community. Call 836-1923.

Army Sports Program Basketball Tournament — Enter the battalion level ASP Basketball Tournament. Deadline to register is March 17. Tournament runs April 4-14. Call 655-9914.

Saint Patrick's Day Foam Pit Jam — Enjoy green drink specials, a live DJ, and free popcorn and cotton candy at SB Tropics Recreation Center starting at 8:30 p.m. Call 655-5698.

BOSS Lifeguard Training — Register at Tropics or 352-223-6370.

Acing the Interview — Prepare to answer the tough interview questions and practice with a mock interview at SB ACS from 10-11 a.m. Call 655-4227.

Smoke House Day — FS Hale Ikena hosts, 11 a.m.-2 p.m., and features two kinds of ribs, kalua pig sliders and barbecue chicken for \$14.95. Call 438-1974.

Mulligan's St. Patrick Day Specials — For \$2 Irish stew and soda bread, for \$1 hot dogs and homemade cheese potato chips. Call 438-1974.

18 / Saturday
BOSS Chinaman's Hat Trip — Join BOSS for a hike, kayak and cookout. Transportation provided. Register at Tropics Recreation Center or call 352-223-6370.

Family Nite — Create your own bowling pin character at SB Arts & Crafts Center for \$10 (per pin) starting at 6 p.m. Preregistration is required. All supplies included. Children 12 and younger must be accompanied by an adult. Call 655-4202.

Swimming Lessons — Held at SB

MAY THE FORCE BE WITH YOU

Jedi Jim's STAR WARS Jedi Knight Training

SGT Yano Library
March 21, 1:00 p.m.

Give your Star Wars fan a chance to interact with a real Jedi Knight! This interactive performance is great for boys and girls.

Join in the challenges that include:

- Jedi Force Magic
- The Laser Balloon Barrage
- Jedi Teamwork

1565 Kolekole Avenue, Building 560
(808) 655-8002

HiMWR.com

Image courtesy of Sgt. Yano Library

Richardson Pool, March 20-31 for \$60-\$70 per person. Class starts at 3 p.m. Classes not held on Tuesdays. To register, call 655-9698.

Daddy Boot Camp — Class for first-time/expecting fathers at SB ACS from 9 a.m.-12:30 p.m. Dads can ask questions and learn practical skills for taking care of mom and baby. Call 655-4227.

19 / Sunday
BOSS Paintball Activity — Register at Tropics or call 352-223-6370.

20 / Monday
Spring Break — Begins for all public schools.

Employment Orientation — New to the island and looking for employment? This SB ACS class, 10-11:30 a.m., will orient you to employment opportunities on Oahu. Learn about Spousal Preference and the Priority Placement Program for Spouses (PPP-S) seeking federal employment. Also offered is information on civilian sector opportunities, contractors, resume writing classes, career fairs

and opportunities to further career and education opportunities. Call 655-4227 to register.

21 / Tuesday
Spring Break Arts Camp — Held at SB Arts & Crafts Center at 10 a.m. for children 8-16. Immerse your child in a fun, artist environment. Children ages 8-16 will take a variety of arts classes. Preregistration is required. Camp is from March 21-24. Call 655-4202.

FRG Key Contact Training — Train in key contact duties, communicating with family members, dispelling rumors, handling crisis calls, 5-7 p.m., at SB ACS. It also shows key contacts how they fit into a successful FRG. Call 655-4227.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

Toon Time Matinee — For caregivers

and their children, ages 0-3 (older siblings welcome). Join us for a free movie, fun and social interaction at SB ACS from 10-noon. Call 655-4227.

Bowl with EFMP — Bowling activity held at FS Bowling Center from 1-2:30 p.m. for Exceptional Family Member Program participants and their families. Call 655-4227.

22 / Wednesday
Teen Manga Club — Held at SB Sgt. Yano Library at 3:30 p.m. All teens are welcome to join, 3:30 p.m., Sgt. Yano Library, and join the discussion of popular manga titles, anime titles and pushing our creativity with various activities. Call 655-8002.

Single Soldier Parenting Solutions and Support — This program is scheduled from 11:30 a.m.-1 p.m. with the Family Advocacy Program on Kolekole Avenue, Bldg. 2091. This free prevention and educational program is for individuals to learn the basic foundations of learning additional tools and skills of being a single parent.

The class topics will help participants identify positive aspects of being a single parent in the military, disciplining, communication tips during conflict, when to seek help and more. Call 655-4227.

23 / Thursday
Basic Investing & TSP — The best time to start investing is now. Learn the basics of the Thrift Savings Plan and other investment options including stocks, bonds and mutual funds at SB ACS from 10-11:30 a.m. Call 655-4227.

Foundations Training — Prerequisite course held at SB Nehelani from 10 a.m.-noon for commanders, FRG leaders, family readiness liaisons and FRG volunteers. Learn the family readiness system and operations. Call 655-4227.

SOS Family Support Night — Night filled with different activities at SB SOS Center from 5-8 p.m. Dinner will be served. Families are encouraged to bring and share their favorite dish. Call 655-4227.

24 / Friday
BOSS Eat the Street Trip — Register at Tropics or call 352-223-6370.

Parenting 101 — Take your parenting to the next level. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals at the SB ACS from noon-1 p.m. Call 655-4227 to register.

Paint and Sip at Tropics — Paint a picture on canvas at SB Tropics from 7-9 p.m. while sipping your beverage of choice for \$35. Class includes all painting supplies and instruction. Preregistration is required. Call 655-5698.

Right Arm Night — Enjoy camaraderie at SB Nehelani at 5 p.m. Call 655-4466.



Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

17 / Friday
Santana — Tickets are now on sale for the legendary performer's concert, 8 p.m., April 30, at the Neal Blaisdell Center Arena. Tickets are \$59-\$159 at ticketmaster.com or call 800-745-3000.

The Machine Inside: Biomechanics — Shrimp that can break through glass? Spider webs that are stronger than steel? Find out why every living thing – including humans – is a machine built to survive, move, discover. Explore the ways in which these marvels of natural engineering have inspired ingenious man-made mechanisms. The exhibit is available at Bishop Museum through Sept. 4, in the Castle Memorial Building. For more details, visit www.bishopmuseum.org.

18 / Saturday
Leadership Academy — Community volunteers are needed to assist us in preparing a camp site for the upcoming Hawaii Leadership Academy

Spring Break program.
•*When:* Saturday, March 18th from 8 a.m.-1 p.m.
•*Where:* Winners' Camp site located at the top of Kamehame Ridge in Hawaii Kai.
•*What:* General campus cleanup like weed wacking, mowing, painting, cleaning.

Volunteers will work side by side with young leaders, forming connections with the community and making a huge contribution to the success of the camps by preparing the site to be safe and secure for teens. The academy will provide a delicious and much-deserved barbecue lunch.

We hope you are available to donate your time, enthusiasm, energy and skills, and we look forward to working together with our wonderful service women and men.

Call Delorese Gregoire at 306-8008. Visit <http://winner-scamp.com/military-volunteers-together-everyone-achieves-more/>.

Great Hawaiian Rubber Duckie Race — The 30th annual event, scheduled from 9 a.m.-3:30 p.m., starts at McCully Shopping Center, 1960 Kapiolani Blvd., when 20,000 cute, bright yellow rubber duck-

ies will help support those with disabilities in the islands, with their 100-yard dash down the Ala Wai Canal.

The top 50 finishers and last place duck will win their adopted owners great prizes. Visit ucpahi.org.

Diabetes Walk — The Step Out to Stop Diabetes walk is scheduled at 8 a.m. at Kapiolani Park. On event day, individuals and teams who have registered will gather to walk a 2.3-mile course (registration opens at 7 a.m.).

The walk kickoff program begins at 7:15 a.m., the Step Out warmup at 7:30 a.m., and then the walk starts at 8 a.m.

Top teams and sponsors will be recognized for their fundraising efforts upon returning to the park. Refreshments, live local entertainment and activities will be staged throughout the park.

Challenge yourself at the Keiki Tent and educate your mind at the Health Fair. For more details, contact Danielle Tuata, director, at 947-5979, ext. 7042, or dtuata@diabetes.org. Also, visit stepout.diabetes.org.

Pacific Roller Derby — Pacific Roller Derby has an exciting theme game, “Leprechauns vs. Menehunes,” at 4 p.m. at the U.S. Coast Guard Hideaway Club on the U.S. Coast

Guard Air Station, located at 1 Coral Sea Road, at 4 p.m.

Doors open at 3 p.m.; all ages are welcome. The fee is \$10 for the general public. Keiki 12 and under get in free. Non-military fans email mediapacificrollerderby@gmail.com for access to the air station for the event.

After the game, Pacific Roller Derby will host its second fundraiser with Teddy's Bigger Burger in Kapolei, 4850 Kapolei Parkway, in efforts to raise funds for the travel team, game/practice venues, training and more. Teddy's will donate a portion of every meal from 4-9 p.m. Bring a Teddy's ticket that will be handed out at the game at the Hideaway Club. For more details, visit www.pacificrollerderby.com.

25 / Saturday
Prince Kuhio Hoolaulea/Hoikeike — The Hoolaulea and Hoikeike, 10 a.m.-3 p.m., at Kapiolani Park Bandstand on 2686 Kalakaua Ave., features native Hawaiian arts and crafts, exhibits by various Native Hawaiian organizations and businesses. Visit princekuhofestival.org. A parade through Waikiki that begins at 10 a.m. ends at Kapiolani Park.

Bonnie Raitt — Grammy winner performs her bluesy music at the Blaisdell Concert Hall, 8 p.m. Call 800-745-3000.



The Space Between Us (PG-13)

Friday March 17, 7 p.m.



The Lego Batman Movie (PG)

Saturday March 18, 4 p.m.



Rings (PG-13)

Saturday March 18, 7 p.m.

A Dog's Purpose (PG)

Sunday March 19, 4 p.m.

Closed Monday through Thursday.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team CDC: Child Development Center CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care FMWR: Family and Morale, Welfare	and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SAC: School Age Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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Kolekole 10K offers a view worth the running

KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — Runners paused at the top of Kolekole Pass to take in the view of the mountains, ocean, greenery and the city of Waianae, during the Kolekole 10K Run, Saturday.

“This is a great race,” said Capt. David Niblick, the commander of Headquarters and Headquarters Company, 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command.

“I’m loving the route, and then you come over here to this beautiful view. I’m really glad I did that this morning.”

Niblick was one of more than 200 racers who began the ascent from Leader’s Field, went up the road to the lookout, and headed back down to the field.

“The road is narrow and surrounded by vegetation,” said race coordinator Kristy Osborn, the sports specialist and fitness coordinator of Schofield Health and Fitness Center. “It is very peaceful, quiet and calm. The lookout point at the top offers breathtaking views of Waianae and the Pacific Ocean.

“The grade is challenging but never too steep,” she continued. “The



Honolulu resident Michelle Imaye takes a photo at the lookout point of Kolekole Pass, during the Kolekole 10K, Saturday.



Photos by Kristen Wong, Oahu Publications
Bethany Spector reaches the lookout point of Kolekole Pass, during the Kolekole 10K, Saturday.

switchbacks offer a change of scenery and keep you guessing as to where the top of the course will be.”

The run was open to the public. Although this is only the second Kolekole 10K, there have been other historical runs, such as the Kolekole Pass Half-Marathon.

“This is epic,” said Col. Stephen E. Dawson, commander, U.S. Army Garrison-Hawaii.

“The real prize today is not so much completing the 10K as much as getting to the point and seeing this incredible view, not seen by many for over a decade.”

Dawson said the goal this year is to give the public more access to the post.

“With all the security measures that are required, it’s been very difficult to get the public onto our bases,” he said. “We’re going to start opening up all of our fitness events to the public, and we do everything we can to share this with our neighbors that are outside the gate.”

“I’m glad it cleared out,” said runner and military spouse Monica Ferguson. “They said it

was hazy this morning. It’s amazing. It’s much more beautiful than you expect it.”

Ferguson, who has only been in Hawaii for nine months, has participated in several half-marathons, but had not been running for two years due to a knee injury. After being treated at Tripler Army Medical Center, she decided to participate in the Kolekole 10K to gauge her running ability post-treatment.

During this race, she walked, jogged and ran. Ferguson described the last mile to the top as the most challenging.

“I appreciate MWR putting on runs like this,” Ferguson said. “It made it a lot easier for me to get out here and (do the run), letting us share their view out here.”

Some participants were grabbing water cups provided by race coordinators and continuing back down the hill. Other participants slowed down, took out their cameras, and enjoyed the view before heading back.

“It was nice and cool,” said Blaine Nakamura of Mililani.

Nakamura was with a friend who wasn’t feeling well, so the pair did a half-run, half-walk for the 10K. He said the



Photo courtesy of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii
Runners head up Kolekole Pass during the Kolekole 10K, Saturday.

From rags to ratchet, are there no riches in military life?

“What the (unexpressed expletive)?” my 16-year-old daughter, Lilly, stopped herself short in front of our minivan on a blustery, rainy morning before school this week.

There, on the driveway, was a pile of shattered black glass. Just above the shards on the passenger’s rear side was a gaping hole where the window used to be.

“Holy ... cow!” I adjusted the expletive to accommodate my teenage companion.

Two days prior, I had noticed that the rear window had detached from the mechanical arm that opened it, and made a mental note to do something about it, having no idea that it might blow completely off the side of the van.

I peeked inside the hole left by the absent window and saw gum wrappers floating in rainwater collected in the cup holders.

“Good Lord,” I muttered helplessly, and told Lilly to get in.

Of course, my husband, Francis, was away with our other car, so I had no choice but to drive the minivan to school, rain and all.

After dropping Lilly off, I headed



straight to the auto body shop to plead my case.

“She’s old,” I told Tiego, the mechanic. “We really don’t want to plunk too much money into her.”

Our minivan, which we bought used in Virginia Beach, 11 years ago, had almost 200,000 miles on her. Even though her headlights were hazy, her body was pitted with chips and dents, there was a crack running across her dashboard, the alloy wheels were corroded, the carpeting was worn bare in spots, and the various school stickers on the rear window were peeling, her engine ran like a top. We were waffling about whether to keep her for a few more years to save money or trade her in for an upgrade.

I explained to Tiego that I had to take my daughter to Pennsylvania for college visits that weekend, but he wasn’t sure he could get a replacement window in time. I envisioned Lilly and I pulling

up to a group of visiting prospective students on an ivy-covered campus, and jumping out of our old minivan with a pizza box duct-taped over the window.

“I’ll see what I can do,” Tiego said.

I walked to a nearby coffee shop to wait for the verdict. Tiego called just as I burned my tongue on a cup of green tea.

“Well,” he paused, indicating that the news was bad, “I can get the replacement window today, but it will cost \$300, \$450 with labor.”

Why am I driving such a hunk of junk, anyway? I thought. Francis served in the Navy for 28 years, and all our family has to show for itself is two used cars, credit card debt, a bunch of Polish pottery and a paltry savings? Is this all you get for dedicating your life to military service?

I wondered whether I should tell Tiego to put our old minivan out for scrap.

But then I remembered that our minivan was a beauty when we bought her, gleaming white, with only 8,000 miles and lingering new car smell. Through three tours in Virginia, she carted us to soccer games, school pickups, speech therapy appointments and the commissary. She gave

me no mechanical trouble during Francis’ yearlong deployment and didn’t complain about all the dog hair, upchuck, stray French fries and fruit snacks that we dropped on her carpeting.

In 2008, she moved with us to Germany, where she safely negotiated winding roads in Austria, Italy, France, the Czech Republic, Spain, Poland, Belgium and Switzerland. When we moved to Florida, then Rhode Island, she zipped over U.S. highways and byways, taking us to visit friends and family up and down the East Coast.

I realized, regardless of our modest budget, our military life had been quite rich all along, and told Tiego to replace the window after all.

“She’s got a few more years in her,” I said, suddenly appreciative of our family’s unique lifestyle.

I was a little bummed that I wouldn’t be able to embarrass Lilly with a duct-taped pizza box, but I was grateful for whatever adventures our military family would encounter on the road ahead.

(Read more about Molinari on the web at www.themeatandpotatoesoflife.com.)

We grieve, but we must get unstuck

CHAPLAIN (CAPT.) C. W. OLSON III
2nd Squadron, 6th Cavalry Regiment
25th Combat Aviation Brigade
25th Infantry Division

Have you ever lost your cellphone? You begin checking your pockets and rechecking your pockets as if maybe you missed it on the first check.

The search ensues and the panic sets in. Checking every drawer, looking behind every pillow, destroying almost every room in hopes of finding the lost cellphone. But nothing helps. The phone is lost.

Although it’s only a cellphone, we get pretty attached to our phones. You may even go through what Elizabeth Kubler Ross calls the five stages of grief.

First stage is denial. “It can’t be lost. It’s got to be around here somewhere. I will find it.”

The second stage is anger. “Are you kidding me! I paid \$700 for this phone! I just want to break something, aghhhh!”

The third stage is depression. “This phone had all of my pictures. I really liked this phone, this sucks.”

The fourth stage is bargaining. “I should never have taken my phone to the beach. Maybe if I just stayed home, yesterday, I would never have lost my



Olson

with any loss that is experienced, there is grief. Sometimes the grief can lead to despair and an overwhelming sense of hopelessness. With the loss of hope comes the unsettling feeling of depression or a sense of being stuck.

Everybody gets stuck sometimes. Maybe you feel stuck at your workplace, or maybe in your marriage, your health, school, friendships, the past, or even the present.

So how do we get unstuck? The key is to first look at where the feeling of being stuck is coming from. Often, it is a feeling of grief associated with some kind loss. A loss of mobility or health. A loss of promotion or career. A loss of a relationship or emotional stability.

Maybe it is a loss of time because of

phone. If I don’t get a new phone, maybe my old phone will just show up.”

The final stage of grief is acceptance. “It’s lost. My phone is lost forever. I guess I need to buy a new one.”

OK, I know it’s just a phone, but as



high operational tempo. The loss has led to grief, and when we can’t move through the grief, we get stuck.

Stuck in hopelessness, we lose hope. So, the second step to getting unstuck is to find hope.

Hope is healing. Hope brings calm in the midst of a storm. Hope brings reconciliation to a broken relationship. Hope is feeling the pain of loss, but remembering joy.

In a letter written to a community in Corinth around 55 A.D., we find words to help find hope. The author of the letter wrote the following:

“We do not lose heart. Though outwardly we are wasting away; yet, inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.”

May you find strength for today and hope for tomorrow, and may this hope spread to your family, your community and the world around you.



Courtesy photo



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. Click on “Religious Support Office” under the “Directorates and Support Staff” menu.

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Last Wednesday, 6 p.m. at MPC

Catholic Mass

- Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
- Tuesday, 7 p.m. at AMR
- Wednesday 11:45 and 5 p.m. at MPC
- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR
- Jewish Shabbat (Sabbath)
- Friday, 7:30 p.m. at PH (Call 473-3971)

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m. at FD
 - 10 a.m. at HMR and WAAF
 - 10:30 a.m. at AMR
 - 11 a.m. at WAAF (Contemporary)

Liturgical (Lutheran/Anglican)

- Sunday, 9:27 a.m. at SC

Schofield Barracks Health Clinic focuses on eye health

MAJ. INA LEE-WHARTON
U.S. Army Health Clinic-
Schofield Barracks

SCHOFIELD BARRACKS — Save Your Vision Week took place the first week of March with the objective to increase awareness of the importance of eye health and to prevent vision loss from diseases and refractive errors.

This initiative was started by a proclamation released by former President Barack Obama in 2009 in an attempt to minimize vision loss by increasing public ocular health awareness.

According to a 2005 study by the National Eye Institute, only 8 percent of the population questioned knew about glaucoma and other silent vision threats, such as diabetic retinopathy.

Simple measures such as having a routine annual eye exam, maintaining a healthy diet, protecting the eyes from ultraviolet rays and using safety glasses when working in hazardous environments help with early detection and prevention.

The Optometry Department at U.S. Army Health Clinic-Schofield Barracks is committed to providing state-of-the-

art eye care to its beneficiaries.

In order to raise awareness of vision disease and disorders, USAHC-SB Optometry is scheduled to host a Save Your Vision Health Fair and Open House on March 23 from 1:30 to 4 p.m.

The open house will introduce attendees to several ocular conditions, such as glaucoma, macular degeneration, cataracts, diabetes, hypertension, pterygium, pinguecula, contact-lens-related corneal disorders, traumatic brain injury, headaches and computer vision syndrome. Service and family members are welcome to attend.

Points of Contact

For more information on Save Your Vision Week at USAHC-SB Optometry, contact Maj. Ina Lee-Wharton, assistant chief of optometry at (808) 433-8462.

More Online

To learn more about common vision conditions, visit the National Eye Institute at www.nei.nih.gov or the American Optometric Association at www.aoa.org.

Tripler ‘thinks ahead’ to observe Brain Injury Awareness Month

TRIPLER ARMY MEDICAL CENTER
Public Affairs

HONOLULU — As the nation observes Brain Injury Awareness Month in March, Tripler Army Medical Center brings awareness to this important health issue and its impact on the nation’s warfighters.

“People sustain a TBI (traumatic brain injury) in combat, motor vehicle accidents, during sports and other recreational activities, and through other daily events where you can fall or hit your head,” said Dr. Gregory Johnson, medical director at the TAMC Brain Injury Center. “Since 2000, more than 350,000 service members were diagnosed with TBI.”

Mild TBI, also known as a concussion, is common in the military at garrisons and in combat theaters. According to Johnson, most concussions occur at garrisons.

“Routine military activities in garrison(s) and off-duty leisure activities, such as riding motorcycles, parachuting, climbing mountains and playing contact sports, are all very popular among our military members, all of which can increase the risk of TBI,” he said.

Blast injuries from devices, such as improvised explosive devices, produce a high number of mild TBIs in combat.

communicate to your spouses, line leaders and health care providers when you think you have been injured.

There is an acronym to help remember the signs and symptoms of TBI called H.E.A.D.S.

- H** is for headaches,
- E** is for ears ringing/loss of hearing,
- A** is for amnesia or altered loss of consciousness,
- D** is for dizziness/double vision, and
- S** is for something feeling not right after an event or sleep issues.

●**Get Help.** TBIs are treatable and recovery is possible. Most people who suffer a mild TBI recover completely. The first step in recovery from a TBI is recognizing the causes and the symptoms and seeking medical advice

as soon as possible after a head injury.

Due to the possible significant mental and physical impact of concussion exposures, the military has established protocols that mandate medical evaluation after the following specific events:

- Involvement in a vehicle accident or rollover,
- Being within 50 meters of a blast inside or outside a building,
- A direct blow to the head in training or recreational activities, or
- As directed by command.

From a warfighter’s perspective, experiencing a brain injury from a blast or explosion in the chaos of war may be difficult to share and hard to explain, but patients should know help is available.

More Online

The DVBIC has tools, assistance and support for anyone who has experienced a TBI or knows someone who has. For more information about brain injuries in the military visit dvbic.dcoe.mil.

Point of Contact

For more details about TAMC’s Brain Injury Center, call 433-6405 or your primary care manager at 433-2778.

The center guides patients through recovery by providing headache treatments, balance rehabilitation, hearing evaluation, memory training, visual therapies and behavioral health therapies to mitigate the common symptoms that may occur after a TBI.

“As the largest military hospital in the Pacific, the Tripler Brain Injury Center also cares for people from Japan, Korea, American Samoa, Guam and other locations in the Pacific realm,” said Johnson. “We also provide consultation with providers in the more remote locations where they do not have teams of specialists.”

In response to a need to treat service members with TBIs, Congress established the Defense and Veterans Brain Injury Center (DVBIC) in 1992 to serve active duty military, their beneficiaries and veterans with TBI.

DVIBC is committed to raising awareness of TBI and has established a theme, “Think Ahead: Be Safe. Know the Signs, and Get Help,” to draw awareness to Brain Injury Awareness Month 2017.

●**Be Safe.** You have the power to prevent mild TBIs by making smart decisions in your day-to-day life, so always think ahead. Whatever you’re doing, think about how you can be safe to avoid a TBI. For example, always wear a helmet when riding a bicycle or motorcycle.

●**Know the Signs.** It’s your duty to think about your head. Understand what a TBI is and